

# New City Catechism Class

## Week One

**Q1:** What is our only hope in life and death?

**A1:** That we are not our own but belong, body and soul, both in life and death, to God and to our Savior Jesus Christ.

**Romans 14:7-8** “For none of us lives to himself, and none of us dies to himself. For if we live, we live to the Lord, and if we die, we die to the Lord. So then, whether we live or whether we die, we are the Lord’s.” (ESV)

Discuss the question:

- To whom does the “our” refer? How do we know this?
- What does the word *only* suggest?
- What does the question mean by *hope*?
- What does the question mean by *in life*?
- What does the question mean by *in death*?
- Why is this question so important/relevant to ask?

Discuss the Scripture:

- What is the topic in the context of Romans 14:7-8 (cf. v 1-12)?
- How were these believers being tempted to think about and treat one another (cf. v 1, 4, 10)?
- In respect to these things, what is Paul’s point in verses 7-8? How does this relate to verse 4?
- How does this passage validate the answer to Q1?

Discuss the answer in light of the Scripture:

- To whom do we belong?
- In what manner and circumstances do we belong to Him?
- What does it mean to belong to him *in body and soul*?  
What are some practical implications to this truth?
- What does it mean to belong to Him *in life and death*?  
What are some practical implications of this truth?
- Why will our understanding and full acceptance of these truths result in hope?
- At what times is this hope most needed?

*What are some practical ways in which your life would change if you consistently lived in light of this truth?*

*What can you do to more consistently remember and apply this truth to your daily life?*